



Rigatoni Caprese


with Pine Nuts, Mozzarella and Balsamic Tomato Salsa

Classic 30 Minutes • 1 of your 5 a day

18



-  Echalion Shallot
-  Garlic Clove
-  Olives
-  Baby Plum Tomatoes
-  Flat Leaf Parsley
-  Rigatoni Pasta
-  Pine Nuts
-  Tomato Puree
-  Finely Chopped Tomatoes
-  Vegetable Stock Powder
-  Chives
-  Mozzarella
-  Balsamic Vinegar
-  Honey
-  Bacon Lardons

 CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Before you start

Cooking tools, you will need:

Saucepan, Garlic Press, Bowl, Colander, Frying Pan

Ingredients

	2P	3P	4P
Echalion Shallot**	1	1	2
Garlic Clove**	1 clove	2 cloves	2 cloves
Olives**	30g	45g	60g
Baby Plum Tomatoes	125g	190g	250g
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Rigatoni Pasta 13	200g	300g	400g
Pine Nuts 2	15g	15g	30g
Tomato Puree	1 sachet	1 sachet	2 sachets
Finely Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Vegetable Stock Powder 10	1 sachet	2 sachets	2 sachets
Chives**	1 bunch	1 bunch	1 bunch
Mozzarella 7 **	1 ball	1½ ball	2 balls
Balsamic Vinegar 14	1 sachet	1 sachet	2 sachets
Honey	1 sachet	1 sachet	2 sachets
Olive Oil*	1 tbsp	1 tbsp	2 tbsp
Bacon Lardons**	90g	120g	180g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	519g	100g
Energy (kJ/kcal)	3375/807	650/155
Fat (g)	28	6
Sat. Fat (g)	11	2
Carbohydrate (g)	99	19
Sugars (g)	24	5
Protein (g)	33	6
Salt (g)	2.13	0.41

Custom Recipe	Per serving	Per 100g
for uncooked ingredient	564g	100g
Energy (kJ/kcal)	3863/923	685/164
Fat (g)	38	7
Sat. Fat (g)	14	3
Carbohydrate (g)	100	18
Sugars (g)	24	5
Protein (g)	41	7
Salt (g)	3.36	0.60

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

2) Nut 7) Milk 10) Celery 13) Gluten 14) Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

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Prep Time

Bring a large saucepan of **water** to the boil with ½ tsp **salt** for the **pasta**. Halve, peel and thinly slice the **shallot**. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **olives**. Halve the **baby plum tomatoes** and roughly chop the **parsley** (stalks and all). Place the **tomatoes** and **parsley** in a bowl and season with a pinch of **salt**.



Cook the Sauce

Once the **pine nuts** are removed from your pan, put it back on medium heat and add a drizzle of **oil**. Add the **shallot** to your pan, stir and cook until softened, 4-5 mins. Add the **garlic** and **tomato puree**, stir and cook for 1 minute more. Pour in the **finely chopped tomatoes, olives** and **stock powder** and stir to dissolve. Add a pinch of **sugar** (if you have some). Bring to a simmer and cook until reduced by half, 10 mins.

CUSTOM RECIPE

If you've decided to add **bacon** to your meal, add it to the pan when you add the **shallot** and cook until the **shallot** has softened and the **bacon** is crispy, 4-5 mins. Add the **garlic** and **tomato puree** and continue with the step and the recipe.



Cook the Pasta

Add the **pasta** to your boiling **water** and boil for 12 mins. Once cooked, drain the **pasta** in a colander, pop back in the pan, drizzle with **oil** and stir through to stop it sticking together.



Finish the Prep

While your **sauce** cooks, finely chop the **chives**. Drain the **mozzarella** and pull it apart into small pieces. Stir the **balsamic vinegar, honey** and **olive oil** (see ingredients for amount) into the bowl of **tomatoes**. Season to taste with **salt** and **pepper**.



Toast the Pine Nuts

Meanwhile, heat a large frying pan on medium heat and add the **pine nuts** (no oil!). Toast them until golden, 2-3 mins, tossing regularly. When golden, transfer them from your pan to a bowl. **Tip:** Watch the nuts like a hawk to make sure they don't burn!



Finish and Serve

When your **sauce** is cooked, season to taste with **salt** and **pepper**, then add the **drained pasta** and toss together. Stir through **half** the **chives** and **half** the **mozzarella** then share into bowls. Spoon your **tomato salsa** on top along with the remaining **mozzarella**, remaining **chives** and a sprinkle of **pine nuts**.

Enjoy!